

have attained the highest intellectual development have been those which have systematically trained the body. The Greeks, who were the highest types of men, both mentally and physically, that have ever existed, made physical training an important part of their education. The Romans, likewise noted for their high intellectual attainments, as well as for their prowess in war, considered athletics an essential part of education. In the Middle Ages hunting, war and the spirit of chivalry secured a superior physical development among the nobility, while manual labor kept up the muscular strength and health of the masses.

With the closing years of the nineteenth century came a very marked increase in the popularity of physical training and out-of-door sports. The marvelous development of baseball, football, tennis, golf and numerous other sports indicate a widespread interest in open air exercise. The annual rush to health resorts shows that the public realizes the necessity of caring for the body. The expenditure of millions of dollars each year on gymnasiums by our institutions of learning tends to show that the present popularity of physical training is no fad, but has penetrated the very depths of society.

To trace the cause of this reaction one has only to look at the great social and economic changes which have come about during the last century. A hundred years ago less than 4 per cent of the population of the United States lived in cities, while the rest lived in rural districts where everything was conducive to health and strength. At the present time over 60 per cent of the population of the United States live in cities, where the conditions as regards the maintenance of health and strength are quite the opposite of those in the country. Another change has also taken place, which, if there were no other reason, is sufficient to make physical training necessary, especially for those engaged in

intellectual pursuits. A century ago almost everything was done by manual labor, but now steam and electricity have taken the place of muscle. Transportation and communication is very rapid—in fact, all business is carried on at a whirlwind rate. As a result of all this a greater demand is made of the brain, and nervous expenditure is greatly increased. As one writer has said, “consciousness is intense.” There has been a radical change from muscular activity, which is conducive to health, to psychic activity at the expense of health. Thus it is easy to see that the rapid increase in the popularity of physical training and out-of-door sports is due to no “passing whim or fancy,” but rather to a profound realization of a great need. The public has begun to realize that the enervating effect of a life spent in intellectual pursuits must be counteracted by some form of physical training. The leading educators of the day have begun to see that students need some form of systematized physical training in connection with their mental work, not only as a form of recreation, but also as a preparation for the sterner responsibilities of life itself.

The object of physical training in our schools is primarily to develop a firm, healthy body, strong muscle, and pure blood. Spinal curvature, stooped shoulders and flat chests are some of the many evils which it will prevent. In systematic exercise every function of the body is engaged. The circulation of the blood is quickened, and the brain is relieved from the congestive tendency caused by a prolonged mental strain. More oxygen is inhaled, and the impurities and waste matter of the body are quickly burned up and destroyed. The appetite is increased and the digestive organs are put in a much better state. Physical exercise not only acts immediately upon the state of the body and renews its forces, but it also tempers the nervous system and gives the mind more vigor. These